

HAPPY THANKSGIVING

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

- Melody Beatle, Author

GIVE THANKS

GREAT AMERICAN SMOKEOUT

SET A QUIT DATE THAT CAN STICK.

ON NOVEMBER 19, JOIN OTHERS ACROSS THE NATION AND BEGIN A TOBACCO-FREE LIFE.

Get ready for the Great American Smokeout by enrolling in the Quit For Life® Program this November. While quitting can be tough, planning ahead can boost your chances for success. Use the date to make a quit plan. Quitting, even for 1 day, is an important first step to a healthier life.

- Join the program at no cost

- Get free nicotine patches or gum

- Work 1-on-1 with a Quit Coach over the phone

- Enjoy tips, advice and encouragement that can make it easier to quit

ENROLL NOW.

1-866-QUIT-4-LIFE, TTY 711
Learn more at quitnow.net

Although incentive payouts are on hold for FY21, the Virgin Pulse program is still available to all eligible employees free of charge.

Virgin Pulse

Fall Into Fitness Challenge

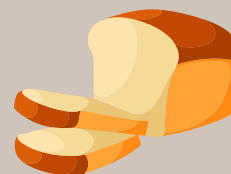
NOVEMBER 20
THROUGH
DECEMBER 4

THANKSGIVING FOOD TIPS



Large servings of salad and other vegetables will help fill your stomach so you can be satisfied with less of other foods.

Replace half of the flour with 100% whole wheat flour to boost fiber in baked goods.



Opt for light turkey meat instead of the dark meat to forgo six grams of fat from a four-ounce serving.

Fresh and frozen veggies aren't loaded with sodium like most canned vegetables, and often taste fresher too.



WELLNESS WORKSHOP

BUILDING POSITIVE RELATIONSHIPS AT WORK

Being able to build supportive relationships is half the battle. Often the key to our success lies not so much in our subject matter expertise, but in how we get our relationships to work for us. This session focuses on seeing destructive patterns in our relationships and how we can alter our approach to make those relationships work for us.

LIVE WEBINAR

TUESDAY, NOV 17

1-2 PM



HOLIDAY RECIPE

LOW CARB PALEO CAULIFLOWER STUFFING

- 1 large head cauliflower (cut into small florets)
 - 1 large onion (sliced)
 - 1/4c celery (chopped)
 - 2 cloves garlic (minced)
 - 1/4c olive oil
 - 1/2tsp poultry seasoning
 - 1/4c chopped pecans
 - 1/2tsp dried thyme
 - 1/2 ground sage
 - 1tsp sea salt
 - 1/4tsp black pepper
 - 2tbsp fresh chopped parsley
- Preheat oven to 450, line baking sheet w/parchment paper or foil w/cooking spray.
- Stir cauliflower, onions, celery & garlic; toss w/olive oil, seasoning, sage, thyme, sea salt & pepper.
- Spread and roast for 15 minutes until onions are soft & cauliflower begins to brown a bit.
- Add parsley & pecans & stir together. Roast for 10-15 more minutes until pecans are lightly toasted.